

## Summary

### **Title:**

Common Features of Athletic and Football Fitness Training.

### **Objective:**

The objective was to find out, through a 15-item survey, whether amateur football league coaches apply principles of fitness training enhancing motor skills and use athletic conditioning in their training sessions.

### **Methods:**

The research was conducted through survey consisting of 15 questions.

### **Results:**

The results describe a fitness training enhancing motor skills in amateur football and athletic exercises used at this level.

### **Key words:**

Athletics, football, fitness training, motor skills, amateur level, training.